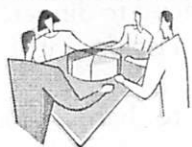
Wasatch County Senior Citizens Monthly Newsletter

465 East 1200 South, Heber City, Utah – Phone: (435)654-4920 – FAX: (435)657-2787

OCTOBER 2004

WASATCH COUNTY SENIOR CITIZENS DEPT.:

- Director: Stephen B Mahoney
- Sec./Admin. Asst.: Flossie Carlile
- Meals on Wh. Driver: Sonja Stubbs

WASATCH COUNTY SENIOR CITIZEN'S, INC. - CORPORATE BOARD

- President: LaMar F. Hadley
- V.P./Pres.-Elect: Larry B. Duke
- Secretary: Francis D. Harrison
- Historian: Kay N. Welch
- Directors:
  - Inazelle O. Knight
  - Normalind T. Smith
  - Moroni "Roni" Besendorfer
  - Maxine C. Carlile
  - Earl D. Dayton.

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OPEN HOUSE for the PUBLIC

On Friday, Oct. 8, from noon until 6:00 PM there will be a public Open House for the new Wasatch County Library/Senior Center.

Everyone, young and old and in between, is invited. There will be many wonderful door prizes, entertainment, book signing by Dean Hughes (well-known author in our community), refreshments, etc.

Everyone will have a chance to tour the new Library and Senior Center (if you haven't done so already). This is a grand occasion and we are planning for a large attendance from our community (and from outside of the community also). Bring your friends, relatives, neighbors.

Vernon Murdock's Art Exhibit will continue through the Open House on Friday, Oct. 8 for the new Library/Senior Center.

UPCOMING FIRESIDES, EVENTS, PROGRAMS, CLASSES and ACTIVITIES

Refer to enclosed calendar.

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PAF CLASSES

("Personal Ancestral File")

We are now taking "Indications of Interest" from seniors who would like instruction on the "PAF" program for building your Family Tree, etc.

Clyde Muir will be our instructor. He would like **to begin in early November**. Enrollment is limited. Preference will be given to seniors who are "members" (paid annual dues of $5.00).

Clyde has made arrangements to get a 40% discount on a wonderful lesson book - $8.97 (vs. normal price of $14.95). This will include a floppy disk which goes along with the 12 lessons. All class participants would benefit greatly by having this manual and disk.

Sign up at the center or phone in.

Heber City's 10th Annual Cowboy Poetry Gathering/Buckaroo Fair November 9-14, 2004

Tom Whittaker has made arrangements for Senior Citizens to get a 50% discount to the **Friday, Nov. 12, 2:00 PM** concert put on by **Ian Tyson and his Band.** Tom played some CD excerpts for us of Ian Tyson's music and it is great.

The regular $20.00 cost for the concert will be **just $10.00** and included will be a $10.00 Membership Pin **Free** - to get you into the Fri. and Sat. Exhibitors hall at the high school (vendors, food booths, great entertainment, etc.) – a $30 value.

Tom also offered seniors another package – **a $60 plus value for Only $20.00** (includes Ian Tyson program, membership pin, Eddie Deen B-B-Q dinner and a beautiful Robert Duncan color poster.

Contact the Senior Center for tickets.

FLU SHOTS

Wasatch County Health Dept.

Flu Shots will be available at the Wasatch/Summit Counties ***Health Fair*** on Sat., Oct. 16, 10:00 AM-1:00 PM, being held at the Senior Center.

Also available after the 12:00 PM Noon Senior Citizens Lunch and Program on Thursday, Oct. 21 from about 1:15 – 2:15 PM.

BIRTHDAYS for OCTOBER 2004

1st	Karen W. Kinder
2nd	Betty Tallon
3rd	Belva Ford
4th	Joycelyn Carlile
	Dorothy Watkins
5th	Donna Shedlarski
6th	Hope Herr
	Merle Rasband
7th	Betty Bigler
8th	Jay Haueter
	Helen S. Smith
	Linda Vance
9th	Jacqueline White
10th	Elda Ritchie
11th	Gordon D. Spencer
12th	Mary E. Nebelsick
13th	Gordon K. White
14th	Barbara B. McDonald
16th	Correne Shaw
17th	Nellie Davis
19th	GayLynn Mair
20th	Roy M. Todd
21st	Joan Alvey
21st	Jean Hylton
22nd	Verna Huffaker
23rd	Lennard Edmisten
	Alice Fortie
	Sharlene Zoolakis
24th	Irene Beckman
	Barbara Martin
	Doyle T. Smith
25th	William Kohler
	Darla Love
	Aileen Webster
27th	Chuck Chandler
	Eleanor J. Nelsen
28th	Leah Houtz
29th	Zelda Isaksen
30th	Marie C. Hymas
	Phyllis Jensen
	Margaret Turnblom

Subject: Walking
> Walking can add minutes to your life. This enables you at 85
> years old to spend an additional 5 months in a nursing home at $5000 per
> month.
> My grandmother started walking five miles a day when she was 60.
> Now she's 97 years old and we don't know where she is.
> The only reason I would take up exercising is so that I could
> hear heavy breathing again.
> I joined a health club last year, spent about 400 bucks. Haven't
> lost a pound. Apparently you have to go there.
> I have to exercise early in the morning before my brain figures
> out what I'm doing.
> I like long walks, especially when they are taken by people who
> annoy me.
> I have flabby thighs, but fortunately my stomach covers them.
> The advantage of exercising every day is that you die healthier.
> If you are going to try cross-country skiing, start with a small
> country.
> And last but not least: I don't exercise because it makes the
> ice jump right out of my glass.

TRICK OR TREAT

On October 31 I was flying to Calgary to visit my daughter. We planned to attend a mystery dinner-theater in costume. My witch's cape was bulky and the hat impossible to pack, so I decided to wear them on-board.

At the check-in counter, the young man took my ticket, tagged my luggage, and then said, "Thank you for flying Canadian Airlines ... this time!"

TAYLOR MARION

Taking Time

You'll find that life is richer
If you take the time to do
The very things that you would want
Your friends to do for you.

Take time to keep a promise
Or send a card of cheer.
Call an old forgotten friend
To say that you're still here.

Take time to mend a quarrel,
Express a gratitude,
Invite a friend to dinner,
Show a helping attitude.

Take time to share a child's dream;
Be patient for a day;
Learn to count from one to ten
When children disobey.

You'll be surprised how good you feel,
The happiness it brings,
If you take time to do for others
Loving, thoughtful things.

So grab onto the golden rule;
Do unto others too,
And very soon you'll notice
Your friends take time for you.

Ellen Zapf
Adams Center, New York

THE TEACHER in our Bible class asked a woman to read from the Book of Numbers about the Israelites wandering in the desert.

"The Lord heard you when you wailed, 'If only we had meat to eat!'" she began. "Now the Lord will give you meat. You will not eat it for just one day, or two days, or five, or ten or twenty days, but for a month—until you loathe it."

The woman paused, looked up and said, "Hey, isn't that the Atkins diet?"

DAVID MARTINO, Winfield, Pennsylvania

IT'S EASY to get separated when shopping at a large store. So when a co-worker of mine was asked by a woman to please page her missing husband, he gladly obliged.

Loud and clear over the PA system, he announced, "If there is a Rich Hooker in the store, please come to the customer-service desk. Your party is waiting for you."

KELLY O'NEIL

"LOOK FOR THE GOOD IN EVERYTHING AND YOU WILL FIND IT."
-Anonymous

EVEN THOUGH I'm in my 30s I still stop by my parents' house to mow their lawn. One afternoon, the kid next door was cutting his grass at the same time.

"It's punishment for skipping a day of school," he explained. "Why are *you* still doing your folks' yard?"

"Because I cut a class when I was your age," I said with a straight face.

I'm told he's had perfect attendance ever since.

ROBERT THOMPSON, Gladstone, Missouri

OUR SUPPLY CLERK at the factory was in a dither. A box had been left on the loading dock with this warning printed on it: Danger! Do Not Touch! Management was called and we were told to stay clear of the box until it could be analyzed. When the foreman arrived, he donned gloves and safety glasses, and then carefully opened the box. Inside were 25 signs that read: Danger! Do Not Touch!

becquet.com

There are corn stalks to be bundled
And wagon loads of hay
As summer fades to autumn
And the hummers fly away
It's a melancholy moment
When the scarecrow's work is done
And the farmer counts his blessings
With the setting of the sun

Clay Harrison

CALENDAR - October 2004 - Wasatch Co. Sr. Citizens

Mon	Tue	Wed	Thu	Fri
DAILY - Billiards, Puzzles, Use of 3 Computers, Games (in addition to Fridays), etc. -	***ART SHOW*: Through Oct. 8: displaying many beautiful paintings & other art works of local artist, VERNON MURDOCK**	**COMPUTER CLASSES:** Register by Oct. 8. Fill out Questionnaire. Limited Enrollment. Classes begin 10/13/04.	**On Saturday, Oct. 16, 10:00 AM - 1:00 PM - Wasatch/Summit Counties "HEALTH FAIR" - At Senior Center, Heber.**	**1** **9:00 AM - Aerobics** **10:00 Games**
4 **9:00 AM - Aerobics** **10:00 - Ceramics** **6:00 -Chorus Sing-Along** **7:00 PM - FIRESIDE** Winston Lee on the piano. Tom Whittaker: Brief presentation on Ian Tyson Band.	**5**	**6** **9:00 AM - Aerobics** **9:00 AM - Seniors Fun Band**	**7** **1:00 PM - BINGO**	**8** **9:00 - Aerobics** **10:00 Games** ***Noon - 6:00 PM PUBLIC OPEN HOUSE for Library/ Senior Center. Entertainment, door prizes, book signing, WHS DrumLine, etc***
11 **HOLIDAY - CENTER CLOSED** **6:00 Chorus Sing-along.** **7:00 PM - FIRESIDE** Dr. E. J. Raven, Chiropractor. Workshop on stress reduction and health. Practical ideas/exercises to do at home.	**12** **12:00 Lunch (RSVP)** **1:00 PM - Olde Tyme Movie: *"The EGG and I"*, Claudette Colbert, Fred McMurray, Percy McBride, Marjorie Main. (1947, B&W)**	**13** **9:00 AM - Aerobics** **9:00 AM - Seniors Fun Band** ***Starting 2 computer classes* - At Library:** **10:30 AM - Basic Class** **12:00 PM: Lunch** **1:00 PM - Intermediate Class - (Must register/fill out questionnaire at center**	**14**	***15*** **9:00 AM - Aerobics** **10:00 Games**
18 *9:00 - Aerobics* *10:00 AM - Ceramics* *6:00 Chorus sing-along.* *7:00 PM - FIRESIDE- Keith Jorgensen Music Co., Organ Dept. - Reps. Playing the Organ - Music of our day.*	***19*** *10:00 AM - Corporate Board meeting.* *11:30 AM - Lunch*	***20*** *9:00 AM - Aerobics* *9:00 AM - Seniors Fun Band* *Computer Classes:* *10:30 AM - Basic Class* *12:00 Lunch (RSVP)* *1:00 PM - Intermediate Class*	***21*** *12:00 Noon - "Special Menu" Lunch (reserve by noon Wed). Program: To be announced.* *Flu & Pneumonia shots available by Health Dept.*	***22*** *9:00 AM - Aerobics* *10:00 Games*
25 *9:00 AM - Aerobics* *10:00 AM - Ceramics* *6:00 Chorus sing-along* *7:00 PM - FIRESIDE - Vernon Murdock and Tom Watson - Colored slides Vernon's paintings with narration.*	***26*** *12:00 Noon - Lunch (RSVP by Monday)* *After Lunch: "Financial/Money Series" Seminar: "Strategies for Creating Financial Security" (for Seniors). By: Sovereign Financial Group.*	***27*** *9:00 AM - Aerobics* *9:00 AM - Seniors Fun Band* *Computer Classes:* *10:30 AM - Basic Class* *Noon: Lunch (RSVP)* *1:00 PM - Intermediate Class*	***28*** *10:00 AM - Monthly "Get-Away" - Jim and Laurel North - CD and Narration: "Australia"* *11:30 pm - Lunch (RSVP by Wed., 9:30)* *1:00 PM - BINGO*	***29*** *9:00 - Aerobics* *10:00 Games* *Noon: Lunch (RSVP)* *1:00 PM - "Olde Tyme" Movie - "The Glen Miller Story" with James Stewart and June Allyson. (1953, Color)*

Meals - October 2004 - Wasatch Co. Sr. Citizens

Mon	Tue	Wed	Thu	Fri
NOTE: *Meals are funded by: State of Utah Dept. of Human Services, Mouuntainland Association of Governments, Wasatch County, and our Patrons who eat.*	**NOTE:** **Suggested donation for "Congregate Meals" (meals served at the Senior Center) is $2.25 per person per meal. For "Meals on Wheels," the suggested donation is $2.50.**			**1** Fish, scalloped potatoes, mixed vegetables, fruit cocktail, cake, roll, jelly & butter, milk.
4 Salisbury steak, potatoes, gravy, mixed vegetables, applesauce, pie, roll, jelly & butter, milk.	**5** Beef pie, cottage cheese & peaches, cookie, roll, jelly & butter, milk.	**6** Maccaroni & beef, corn, peaches, J-ello, roll, jelly & butter, milk.	**7** Sweet & sour chicken, ham fried rice, broccoli, pears, cookie, roll, jelly & butter, milk.	**8** Meat loaf, cheese potatoes, green beans, fruit, brownie, roll, jelly & butter, milk.
11 HOLIDAY CENTER CLOSED No Meals Today	**12** Taco pie, corn, apple sauce, cake, roll, jelly & butter, milk	**13** Turkey casserole, broccoli, fruit salad, cookie, roll, jelly & butter, milk.	**14** Beef & broccoli, ham fried rice, peaches, parfait, roll, jelly & butter, milk.	**15** Salmon, Augratin potatoes, carrots, pears, cookie, roll, jelly & butter, milk
18 Fried chicken, baked beans, potato salad, fruit cup, brownie, roll, jelly & butter, milk	**19** Beef stroganoff, green beans, green salad, parfait, banana, roll, jelly & butter, milk.	**20** Chicken pot pie, cottage cheese & peaches, cookie, roll, jelly & butter, milk.	**21** Roast beef, potatoes & gravy, corn, applesauce, roll, jelly & butter, milk.	**22** Chicken cordon bleu, cheese potatoes, carrots, pineapple, cookie, roll, jelly & butter, milk.
25 Baked ham, augratin potatoes, green beans, pineapple, jello, roll, jelly & butter, milk.	**26** Chicken enchilada, Broccoli, fruit salad (mandarin oranges), pie, roll, jelly & butter, milk.	**27** Sloppy Joe's, potato salad, cole slaw, banana, brownie, roll, jelly & butter, milk.	**28** Chicken chow mein, ham fried rice, pears, cookie, roll, jelly & butter, milk.	**29** Fish, scalloped potatoes, mixed vegetables, fruit cocktail, cake, roll, jelly & butter, milk.

Concerns Most Seniors Have

* **Rising Medical Costs– Prescription Expense**
* **Outliving Resources**
* **Medicaid Spend Down**
* **Market Volatility**
* **Properly Transferring their Estate**
* **Income and Social Security Taxation**
* **Capital Appreciation and Estate Taxation**

Many of the families we work with are unaware of the potential risks to their estates. We specialize in services that protect and preserve the financial strength of our families.

SPECIAL SEMINAR:

OCTOBER 26TH (TUESDAY)
WASATCH COUNTY SENIOR CITIZENS
AFTER LUNCH

MATT VISSER & ED RIEGER
455 E. 500 S. SUITE 400
SLC, UT 84111
801-484-6645

MOUNTAINLAND ASSOCIATION OF GOVERNMENTS PRIORITY OF SERVICES

1. Continued expansion of the influence of the aging services network in the community.
2. Infrastructure, education, and environment development allowing older people to remain independent, including the provision of home and community based services.
3. Outreach to persons of greatest need, including low-income minorities, rural residents, persons with greatest social need, persons with greatest economic need, and others listed in Section 306(a)(5)(B) of the Older Americans Act.
4. Support of senior citizen centers as institutions that support emotional and social development, to include information, transportation, and nutrition services.
5. Support the care facility industry by involvement of industry representatives in community functions and by providing a constructive Ombudsman service.

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Heber City, Utah 84032

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